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36 years for South Korean ferry captain

Lee Joon-seok found guilty of negligence, abandoning passengers [PAGE 16](#)

Ottawa correctional officer 'stomped' on inmate: Colleague

John Barbro on trial for 2010 incident [PAGE 9](#)

Funnyman not short on things to say

Martin Short wanted both wisdom and laughs in new book, I Must Say [PAGE 19](#)


Ottawa remembers



A girl places a poppy on top of the Tomb of the Unknown Soldier Tuesday, following the Remembrance Day ceremony. For more on how Ottawa residents marked Nov. 11, see pages 3, 4, 6 and 8. [JOE LOFARO/METRO](#)

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RCMP Cpl. Craig Kennedy salutes during a moment of silence at the University of Ottawa on Remembrance Day. Also pictured, from left: student representative Maya McDonald, alumnus Craig Haynes, Canadian Forces member Nicolas Fleet and University of Ottawa president Allan Rock. LUCY SCHOLEY/METRO

War vets begging on the streets: 'Not normal,' says retired major

Facing challenges. Speech at University of Ottawa highlights plight of vets struggling with PTSD



LUCY SCHOLEY
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A former Canadian Armed Forces soldier is now living on the streets and doing one-armed pushups for change.

The 45-year-old is often spotted in the ByWard Market. He sometimes introduces

himself as a former sergeant of the Princess Patricia Canadian Light Infantry and then offers to do 50 one-armed pushups for coins. Kevin — the name we are using because he wishes to remain anonymous — said a mix of post-traumatic stress disorder (PTSD) and drug addictions landed him and his wife on the street this summer.

"I've used everything. Now I just use pain medication, mostly," he said, while taking a break from panhandling on King Edward Street on Remembrance Day.

Kevin said he enlisted in the military immediately after high school and served

for 24 years, travelling to Somalia and Bosnia, among other places. He said he retired in 2009 after a psychiatrist deemed he was mentally unfit for combat.

Soldiers Helping Soldiers confirmed Kevin is ex-military, although the organization did not know the specifics of his past, including his medical records.

The former soldier was the subject of a speech at the University of Ottawa's Remembrance Day ceremony on Tuesday.

Retired major Dave Blackburn said Kevin, whom he met while out in the ByWard Market with friends, is an ex-

ample of why mental health services are vital for veterans.

"Mental health should be a No. 1 priority for DND and Veterans Affairs Canada," said Blackburn, a University of Ottawa alumnus. "It is absolutely not normal, in our society, to meet Canadian veterans in our nation's capital, to beg for a few coins in exchange for pushups."

A group of Ottawa organizations is working on a new Veterans House, slated to be built at the old CFB Rockcliffe by 2016. There are about 140 veterans living on the streets in Ottawa, said Suzanne Le, the executive director of Multifaith Housing Initiative.

"When we talk about veterans, we're really looking at a very different culture ... because they respond a little differently," she said. "They're used to their unit mentality ... They fought in units, they walked in units and the care was for the unit more over the self."

Kevin said Remembrance Day is "half painful, half good" for him.

"Painful because you remember the people you lost ... and good because a lot of the active guys come down and they help me and my wife," he said. "They actually look for me and make sure I'm OK."

1 NEWS

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'We will stand on guard for him and for them,' GG vows

Remembrance Day.

Crowd of 50,000 gathers in Ottawa to remember Canada's veterans, soldiers and war dead



JOE LOFARO

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It was a Remembrance Day like no other for many Canadians, especially those who call Ottawa their home.

Tens of thousands of people gathered in the national capital at the National War Memorial Tuesday, where on Oct. 22 a Canadian soldier was murdered by a gunman who then attacked Parliament — a brazen and suicidal assault that followed another attack on a soldier in Quebec two days before.

People came to remember warrant officer Patrice Vincent and Cpl. Nathan Cirillo.

As Gov. Gen. David Johnston re-dedicated the National War Memorial which now recognizes the mission in Afghanistan and the South African War, he paid tribute to Vincent and Cirillo, who died while serving their country and to the many others who died in the past and are

represented by the Unknown Soldier.

"We will stand on guard for him and for them, as did Nathan Cirillo, who takes his place among them," Johnston told the crowd. "We will strive for peace and for freedom, as did Patrice Vincent, who joins them also."

A huge round of applause erupted from the crowd as he concluded his speech, telling Canadians to remember the values that others before them fought and died for.

"We have had sombre occasion in past weeks to ponder our identity as the very symbols of our peace and freedom were violated," he said.

The crowd was there to also remember living veterans like Ret. Sgt. Roly Armitage.

Sitting in the front row with his partner, Connie Bertrand, the Second World War veteran was thinking of Canada's two most recent losses and of his comrades from long ago.

"These two boys who have been killed in the last couple weeks, they were in uniform — they have to be prepared for that sort of thing," he said before the ceremony started. "It's a sad, sad situation."

Armitage, 89, was a range finder with the Royal Canadian Artillery.

Quoted

"It (makes me) feel better that I remember those guys. They're closer than your brothers. We were together all that time and we depended on each other."

Ret. Sgt. Roly Armitage on remembering his comrades from World War II



Members of Canada's air force march up Elgin Street past thousands of onlookers to the National War Memorial on Tuesday. TREVOR GREENWAY/METRO

He said he had to come to the ceremony because remembering his comrades provides a sense of healing.

"It (makes me) feel better that I remember those guys. They're closer than your brothers. We were together all that time and we depended on each other," he said.

Remembrance Day usually attracts approximately 35,000 to downtown Ottawa, but Ottawa police estimate this year's crowd to be about 50,000 people.

Dorothy Goubault shouted

"Thank you!" to veterans as they marched past Princess Anne, Prime Minister Stephen Harper and other dignitaries on Wellington Street. She started coming to Remembrance Day ceremonies in 1970 at age 18.

"When I started coming out to this right after getting out of high school, there was hardly anyone who came out," she said. "Because we have such a wonderful country, more and more people are starting to appreciate what we do have."



Princess Anne and Gov. Gen. David Johnston JOE LOFARO/METRO

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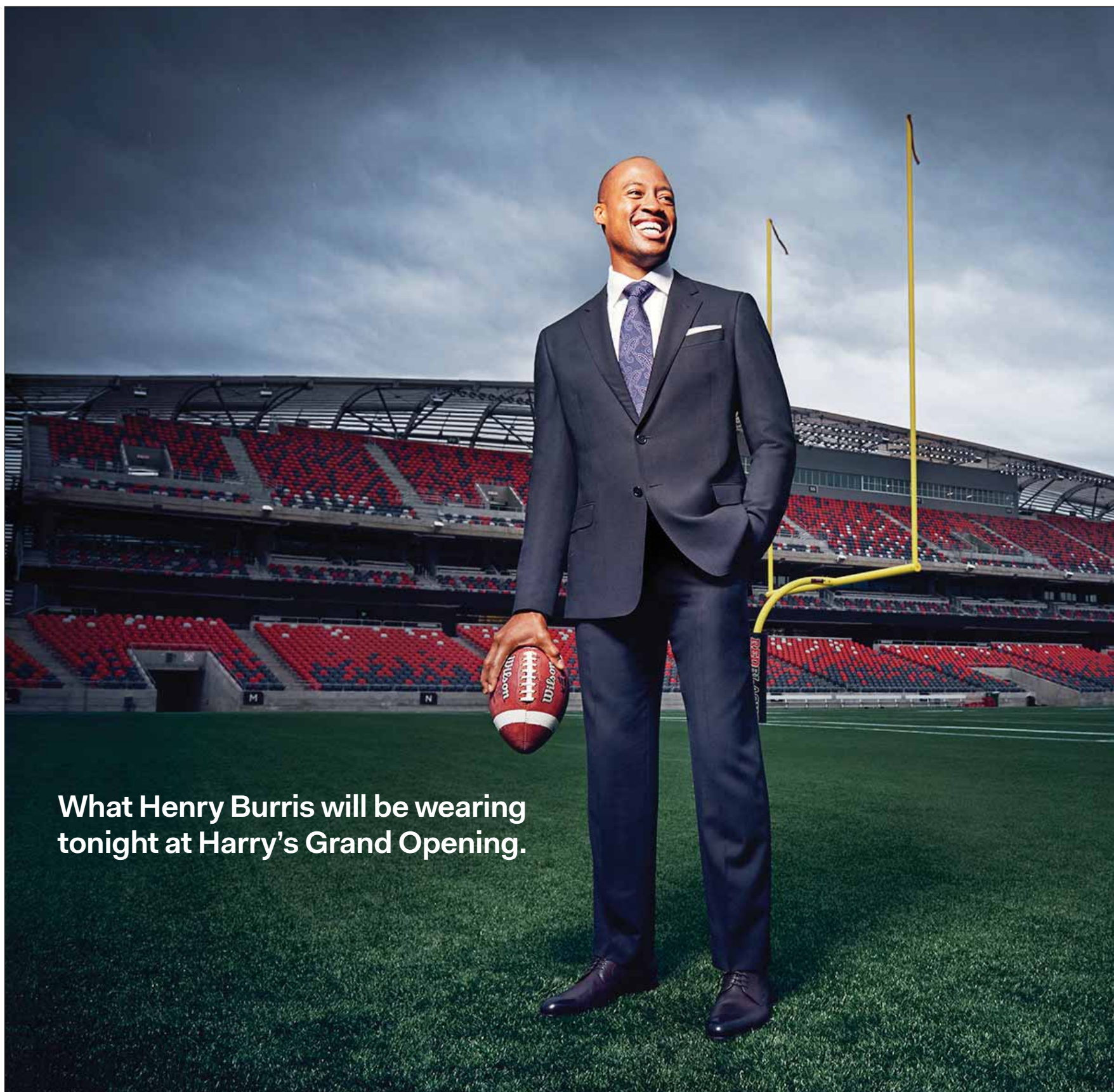
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Harry's Grand Opening at the Rideau Centre. Wednesday, November 12, 2014.

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Mr. Burris's clothing advisor is Pat Charlebois of our Rideau Centre store. For his appearance here, a donation has been made on his behalf to the Big Brothers Big Sisters of Ottawa.

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Remembering not just the fallen but the living, as well

'We are Canada-proud.' Veteran Wayne Forster urges Canadians to keep in mind those who are still serving

Looking up toward the Tomb of the Unknown Soldier, recently retired veteran Wayne Forster acknowledged the many fallen comrades he spent time with in his 27-year military career, but he told Metro Tuesday that Remembrance Day is also about honouring those who are still fighting to keep our country safe.

"We are Canada proud," said Forster, looking out across the sea of red poppies darting off the jackets of the close to 80,000 spectators at the Ottawa scene. "We believe in our coun-

try and we have a resiliency that we don't normally see on a day-to-day basis, but it's there."

Forster has seen his share of war, serving three terms in Afghanistan, a tour in Bosnia and the Persian Gulf.

"There is a shortlist of people that I knew, that I trained, that I worked with throughout my military career that are no longer with us, but my focus today is to remember not only the ones we have lost, but the ones that are still serving that still make this their day-to-day lifestyle," said Forster. "It's not a job, it's a lifestyle for a soldier and a veteran."

Following the service, thousands of spectators, some in tears, surrounded the War Memorial, pulling their poppies off their lapels and tossing them onto Tomb of the Unknown Soldier.

Many Canadian Forces members in attendance said it was the long, deadly Afghan combat mission that restored military pride among Canadians at large and reinvested Remembrance Day with fresh vigour.

Jordan Ochowski, who retired last month after serving five tours of duty — three in Bosnia and two in Afghanistan — said there was a time in the 1990s when Canadian Forces members didn't want to wear their uniforms in public.

"I've lost a lot of friends, so Remembrance Day is always a sombre occasion for me," said Ochowski.

"Since the Afghanistan mission, our popularity, I must say, went way through the roof. A huge shift."

TREVOR GREENWAY/METRO
WITH FILES FROM THE CANADIAN PRESS



Recently retired veteran Wayne Forster watches the ceremony at the National War Memorial on Tuesday.
TREVOR GREENWAY/METRO

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Parents aim to show kids true meaning of Remembrance Day

'Nothing to be afraid of': Parents bring young daughters to memorial in wake of shooting



TREVOR GREENWAY
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Eleven-year-old Taryn Oliver skipped school Tuesday, not to watch cartoons or play with friends, but to pay her respects to those who lost their lives in battle.

Taryn, flanked by her parents Jaron and Tracy Oliver and her younger sister Raelyn, spent Remembrance Day at the War Memorial — the very site where Cpl. Nathan Cirillo was gunned down not three weeks ago.

"It's especially important this year because of the shooting that happened," said Taryn, clutching a bouquet of white roses she planned to lay on the Tomb of the Unknown Soldier. "We are coming here to pay our

respects and to say thanks."

Her parents said they felt compelled to bring their girls to the service this year, to show them first-hand what Remembrance Day really means to Canadians.

While it was a day to honour fallen soldiers, Jaron said bringing his kids downtown on Remembrance Day represented a chance to show them they have nothing to fear in Ottawa.

"We brought them here to reframe it that there is nothing to be afraid of," said Jaron.

"My eldest is old enough to know what happened this year and just what the day is all about in general, so we thought it was very important for them to come and see the turnout," added Tracy.

Six-year-old Raelyn carried a bouquet of bright red roses, matching the poppy pinned on her jacket. While she is a bit young to fully understand the day's significance, she knew why she was there.

"We are giving flowers to the soldiers that protected us," she said.



Tracy Oliver, left, and her husband Jaron pose with daughters Raelyn, left, and Taryn at the National War Memorial on Tuesday. TREVOR GREENWAY/METROX



Prime Minister Stephen Harper places a wreath at the National War Memorial. JOE LOFARO/METRO



A personal note of remembrance rests next to a group of poppies on the Tomb of the Unknown Soldier on Tuesday. JOE LOFARO/METRO



CF-18 fighter jets scream through a rare blue sky on Nov. 11. TREVOR GREENWAY/METRO



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John Barbro leaves the Elgin Street courthouse on Monday, the first day of his trial in Ottawa. Barbro is charged with assaulting an inmate at the Ottawa-Carleton Detention Centre (Regional Detention Centre) in 2010.

MIKE CARROCCETTO/FOR METRO

Opening on March 6, 2015

Nordstrom set to hire 400 people for new Ottawa store

U.S. retailer Nordstrom says it will hire 400 local employees for its new Rideau Centre store, which opens on Friday, March 6, 2015 at 9:30 a.m.

Sales and support positions will be posted and interviews will begin on Thursday, Nov. 20. Interested applicants are

invited to apply for jobs at careers.nordstrom.com.

"We're looking for goal-oriented people who love fashion and want to deliver an exceptional shopping experience to every customer who visits our store — they don't necessarily need retail experience," said John Banks, store manager for Nordstrom Rideau Centre in a news release.

"Nordstrom is a great place to build a career. With this being only our second store in Canada, it's a great time to get



An artist's concept of the soon-to-open Nordstrom in Ottawa. CONTRIBUTED

in on the ground floor with our company as we begin our growth across the nation."

Nordstrom says its employees will receive a "competi-

tive benefits package, which includes dental, medical and vision options, a RRSP matching program and a 20 per cent retail discount." Managers receive a 33 per cent discount.

Nordstrom hired 28 department managers from Canada in October and just recently brought the sales managers to Seattle and the support managers to Calgary for an eight-week manager training program. The program began Oct. 27 and will wrap up on Dec. 20. **METRO**

Correctional officer 'stomped' inmate with brain injury: Colleague

Ottawa-Carleton Detention Centre.

Case was highlighted in 2013 report from Ontario Ombudsman André Marin



LUCY SCHOLEY

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A correctional officer in an Ottawa jail said she purposely left out details of an alleged assault between co-worker John Barbro and inmate Jean Paul Rheume because she was afraid of losing her job.

Melissa Schell was choking back tears in court on Monday as she described witnessing Barbro allegedly "stomp" on Rheume's head two or three times at the Ottawa-Carleton Detention Centre on Oct. 23, 2010.

Barbro, a former correctional officer, was fired from his job at the Innes Road jail and charged with assaulting Rheume, who has a brain injury.

Schell testified she opened the door to Rheume's cell to collect a meal tray when the inmate walked out and demanded to go for a walk. He raised his arm as if to strike. Schell said she and another officer tried restraining him, but fell to the floor.

Other prison staff arrived, including Barbro. They held him to the floor, face down, and Barbro allegedly stomped on him.

Schell told the courtroom

she later filed a "not very informative" report of the incident.

"I was in shock and I was afraid to lose my job," she said. "I was afraid for Officer Barbro to lose his job."

Schell said she was suspended for 15 days as a result.

Nicolas Hudon, a former inmate who shared a cell with Rheume, testified he heard "rustling" from his bunk, but no sounds of stomping boots or punching.

He spotted blood splatter on a cinderblock wall following the incident.

A 2013 report from Ontario Ombudsman André Marin says an unwritten "code of silence" is prevalent in jails across the province.

The report, called The Code, said correctional officers will sometimes keep silent or lie to protect co-workers.

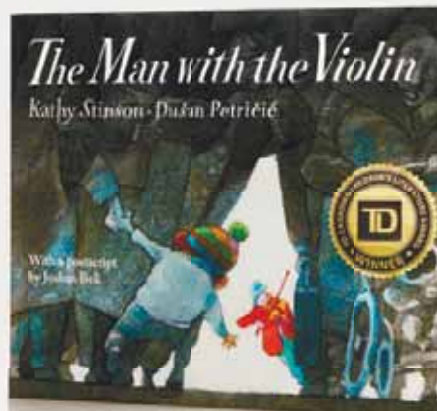
The report also outlines Rheume's case — referring to him as "Colin" — and said the inmate was lying face down with his hands cuffed behind his back, as his head and torso were repeatedly stomped on.

Schell said provincial investigators interviewed her in February 2011. But some time prior to that, she approached Barbro about the Oct. 23 incident.

"He said, 'Don't be upset. There's nothing to worry about,'" said Schell, adding he had been through "a hundred" of these investigations.

In a separate civil lawsuit, Rheume is suing the province and Barbro for \$1.45 million in damages. His mother, Therese Charron, is seeking an additional \$100,000.

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Music blogger Ming Wu feted at Black Sheep this weekend

PhotogMusic. Blogger enjoys how music connects people



TREVOR GREENWAY
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If you ask Ming Wu how many live music shows he has seen over the past six years, his eyes glaze over and roll back into his head.

Hundreds.

Arguably Ottawa's most prolific music photographer and blogger, Wu has really captured a snapshot of Ottawa's music scene — a photographic map of the city's indie landscape since 2008.

On his PhotogMusic blog, Wu has documented some of the city's great up-and-comers, such as Fevers and Pony Girl and Silkken Laumann — Rolf Klausener's side project. There are literally hundreds in between.

It's only fitting, then, that The Black Sheep Inn in Wakefield, with CHUO and Ottawa Showbox, is hosting WuFest, a two-day local music celebration dedicated to the one and only Ming Wu.

"Ming has become, for us

at the Black Sheep, a symbol of the hard work that goes into the thriving music scene," said organizer Kelly Symes, whose father Paul runs the Wakefield music venue. "There are so many people working their tails off on the periphery who don't really get recognition for their input, but who are out every single weekend seeing live music and reporting on it and reviewing shows. It's these kinds of people who add so much, but don't really get the recognition they deserve."

The weekend features a slew of local and beyond bands, including headliners AroarA and Little Scream. Partygoers also will get a taste of Wu's photography, which will be on display at the party.

How does the photographer feel about having a concert dedicated all to him?

"Weird, overwhelmed for sure," Wu told Metro Tuesday, modestly standing in the way of his excitement. "I don't feel that important. I'm not the prime minister or anything."

Wu doesn't get paid for his constant concert reviews and photos and he often pays for his own ticket to shows throughout the city and beyond. But it's not



The work of local music blogger Ming Wu is being celebrated with a concert this weekend at the Blacksheep Inn. COURTESY BRIAN GOLDSCHMIED

about money for Wu, he just really, really, really digs music.

"I love how it connects with people emotionally and spiritually," he said.

"Music brings out a lot of emotion."

WuFest takes place Nov.

14-15 at the Black Sheep Inn. Tickets are \$10 per night or \$15 for a weekend pass.

Bob FM lays off announcers amid rumoured format change

Bob FM has laid off all of its show announcers, switched to just music and ads, and is rumoured to be on the brink of changing formats.

People in the local radio industry say possible new formats for the Bell Media station are Top 40 or country music.

Bob FM announcer Darryl Kornicky posted a farewell

message on his Facebook page Monday afternoon, saying he and the other announcers had been let go.

"Thanks to all our listeners at Bob FM. It's been a nice ride. Whole crew including me just let go. What's next?" Kornicky wrote.

"All on air staff, Cub Carson & Melanie Adams (mornings), Milky (hi!), Codi

Jeffereys (afternoons) and evening/weekend host Darryl Kornicky were relieved of our duties. Also of note, Promotions/Marketing Manager JR Ello and long time CFRA news director Steve Winogron were also relieved of their duties today," wrote John Mielke on his blog, Milkman Unlimited.

Listeners reacted angrily

to an announcement on the station's Facebook page after the change of direction was announced.

Liam McAvoy commented: "It's annoying me that all the good stations are turning into crappy modern hip hop/r&b, etc."

Shawn Bennett wrote, "what are they changing to and when? There's already 3

top 40 stations."

Normand Guillemette wrote he was "absolutely floored by this news. My dial has been on 93.9 since the Kool FM days and now I will be forced to switch unless you bring back all the Current DJs working here. These guys gave their heart and soul to entertain us and you just give them the short

and curlys...Will definitely have to continue following Cub Carson & Melanie Adams & Milky Show & Darryl Kornicky."

A Bell Media spokesperson declined to comment Tuesday, but said more details about the station's future direction would be revealed Wednesday.

SEAN MCKIBBON/METRO



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FREE PARKING

Province urging small businesses to lighten up

The glow emanating from a soup and sandwich menu board at a Tim Hortons in Ottawa South is lit with LED bulbs and the province is hoping more businesses get on board with similar energy-saving initiatives.

The Timmies at 2951 Bank St. is one of 245 of the chain's restaurants across the province that underwent energy-saving renovations through the saveONenergy Retrofit

Program.

The \$2.2 billion program, through the Ontario Power Authority (OPA) and Hydro Ottawa, offers financial incentives to companies who upgrade their lighting, motors, heating and cooling systems to be more energy-efficient.

With Tim Hortons, for example, the company switched to LED bulbs and solar reflective roofs in 245 of its restau-

rants in 2014. Giant Tiger and Home Depot have also signed on with the program. But now there's a push to get smaller businesses on board.

"We're concerned, at this point, that there's not a lot of take-up on small businesses," says MP Bob Chiarelli, while at the Ottawa South Tim Hortons on Monday. "So we're working with Hydro Ottawa ... to really get the message as to what's available for

small businesses in terms of conservation."

Chiarelli said companies will see a return on savings within two years of renovations.

The saveONenergy Retrofit Program can offer incentives of up to 50 per cent for the costs of retrofitting. It's also available to homeowners, architects and business owners.

LUCY SCHOLEY/METRO



John Fraser, the MPP for Ottawa South, talks on Monday at a Tim Hortons about the province's saveONenergy programs. LUCY SCHOLEY/METRO

Taxi firms decry Uber in nationwide campaign

Sounding the alarm. Ottawa taxi firm chief says concern is safety not competition



LUCY SCHOLEY
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An Ottawa taxi company is joining a nationwide campaign to sound the alarm over Uber and educate Canadians about the highly regulated cab industry.

Almost a month after UberX rolled out in Ottawa, the Canadian Taxicab Operators group launched taxitruths.ca.

Seven taxi companies in Montreal, Ottawa, Toronto, Calgary, Edmonton and Vancouver are looking to "start a conversation" about the dif-

ferences between their services and ride-share apps such as Uber.

"People don't realize that there's a big difference between a regulated industry — and why it's regulated and hence a little more expensive — as opposed to the totally illegal operators that are now beginning to operate in Canada," said Hanif Patni, president and CEO of Ottawa taxi company Coventry Connections Inc.

Cab drivers must be licensed and operate under a licensed broker. Uber is unlicensed, arguing instead that it's an app and not a taxi company.

Uber claims it does background checks on all its employees, but Patni said the company does not go as far as regulated taxi drivers, who are all fingerprinted. Taxi cars are also equipped with cameras.



Uber officially launched its ride-share app UberX in Ottawa on Oct. 1. LUCY SCHOLEY/METRO

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Hometowns honour soldiers killed in Ottawa and Quebec

Remembrance Day.

Crowds in Hamilton, Ont., and Saint-Jean-sur-Richelieu, Que., turn out to honour Nathan Cirillo and Patrice Vincent

Remembrance Day ceremonies in the hometown of a young reservist gunned down in Ottawa, and in the city where a Quebec soldier was killed, did not mention their names, but their memories weighed heavily over the large crowds.

Hundreds of people packed a downtown Hamilton, Ont., square Tuesday for the solemn service.

Despite the large crowd in the city's downtown core, nothing except the fluttering of flags could be heard during two minutes of silence.

From lifelong residents and frequent Remembrance Day service attendees to new Canadians donning poppies



Fred Snelling, 90, an RCAF veteran, salutes during the Remembrance Day ceremony at the Canadian Warplane Heritage Museum in Hamilton, Ont., on Tuesday. PETER POWER/THE CANADIAN PRESS

for the first time, many spoke of the death of Cpl. Nathan Cirillo.

The 24-year-old was shot and killed last month while on sentry duty at the National War Memorial by a gunman who was later killed in a gun-

fight inside Parliament Hill's Centre Block.

Lt-Col. Rick Bialachowski said the services in Hamilton have drawn substantial crowds for the past several years, but this year, Cirillo's death likely makes the remembrance more

personal.

"I know when I was growing up and I attended Remembrance Day ceremonies, I was here for my father, but I don't think I truly understood what Remembrance Day was about," said the army signals officer. "I think now that a lot of people can attach a name to what Remembrance Day is about."

Well over 1,000 soldiers and residents of Saint-Jean-sur-Richelieu, Que., where Warrant Officer Patrice Vincent was killed, attended a memorial service in front of the cenotaph at the garrison.

"That happened here, that happened a few blocks away from the base," said Rev. Jean-Francois Noel.

"It could have been anyone that day ... unfortunately, it was Warrant Officer Vincent because he was wearing his uniform."

The Canadian Armed Forces has named two operations bases overseas after Vincent and Cirillo.

THE CANADIAN PRESS

Ghomeshi scandal

Director returns to CBC to take the reins of Q

A former veteran CBC news director is returning to the network to take over the radio show Q following the firing of its scandal-plagued host, Jian Ghomeshi, the broadcaster said Tuesday.

Jamie Purdon, who currently works with a non-profit organization, will start Monday as interim executive producer, replacing Arif Noorani, who asked to be reassigned.

"A very capable guy," said Chuck Thompson, a CBC spokesman. "Highly respected."

Thompson had no further information and Purdon could not immediately be reached for comment.

According to his online profile, Purdon spent nearly 30 years with CBC, working his way up to director of newsgathering until he left in 2012. As director, he set the editorial agenda for both CBC TV and radio.

Purdon is known for helping create programs for radio such as As It Happens and The Current. He also has extensive experience as a television producer.

THE CANADIAN PRESS

Canada remembers



1 Vancouver. A glimpse of heroes

A young girl watches a Remembrance Day ceremony in Vancouver on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

2 Winnipeg. Saluting the fallen

Winnipeg Police Chief Devon Clunis salutes after laying a wreath at a service. SHANE GIBSON/METRO IN WINNIPEG

3 Toronto. A moment of silence

Honouring the fallen in ceremonies at the Old City Hall Cenotaph. DAVID COOPER/TORSTAR NEWS SERVICE

4 Quebec City. A sorrowful sound

Canadian Army Maj. Michael Morin plays the bagpipes during a ceremony at the Cenotaph in Quebec City. JACQUES BOISSINOT/THE CANADIAN PRESS

5 Edmonton. Tears for the lost

Phil Post cries as he pays his respects to his friend, a soldier he served with, at Beechmount Cemetery in Edmonton. JASON FRANSON/THE CANADIAN PRESS

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Magnotta said he thought Jun Lin was a government agent, psychiatrist testifies

Murder trial.

Magnotta has admitted to killing Jun Lin, but pleaded not guilty by way of mental disorder



Luka Rocco Magnotta
THE CANADIAN PRESS

Luka Rocco Magnotta believed Jun Lin was a Canadian government agent sent to kill him the night the Chinese student was slain and dismembered, a psychiatrist testified Tuesday.

Magnotta's version of events was given earlier this year to Marie-Frederique Allard, who assessed him for criminal responsibility.

Her report is central to the defence case in light of the various charges Magnotta faces related to Lin's slaying.

Magnotta, 32, has admitted to killing Lin in May 2012 but has pleaded not guilty by way of mental disorder.

While police were never able to determine how the two

men met, Allard said Magnotta told her it occurred after he placed an advertisement on Craigslist seeking a bondage partner. Lin replied to the ad and they met in person briefly, for the first time, before walking several blocks to Magnotta's apartment.

Allard said Magnotta told them they drank wine and had sex. Magnotta was the first to be tied up, but complained Lin was going too fast and was hurting him.

The jury then heard from Allard that Magnotta became

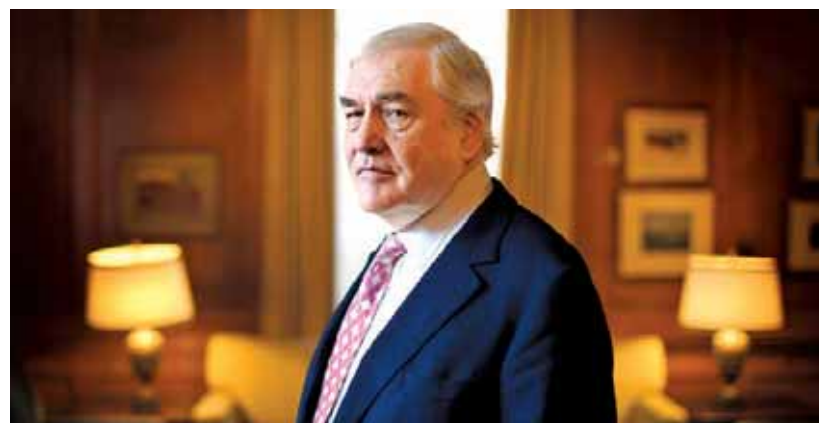
anxious and took some sleep medication, with Lin asking for some. Magnotta said he thought he saw a black car parked outside his building and became paranoid about a government conspiracy involving Lin, Allard testified.

Allard said Magnotta began hearing voices telling him to tie up Lin and to "cut it." Subsequently, Lin had his throat cut.

In earlier testimony, Allard said Magnotta told her that an email he sent a British tabloid foretelling the murder of a human being was meant only as a threat to a journalist who'd ambushed him. The Crown contends the communication to the London Sun suggests Magnotta was planning a slaying up to six months in advance of Lin's killing.

Allard, a forensic psychiatrist, has said she believes Magnotta was suffering from schizophrenia and was in a psychosis when he killed Lin.

THE CANADIAN PRESS



Conrad Black puts out new book on Canada

Conrad Black poses at the University Club in Toronto on Tuesday. Black may be known for his very public and dramatic renouncement of his Canadian citizenship, but he doesn't believe that should be counted against his new 1,020-page book, *Rise to Greatness: The History of Canada from the Vikings to the Present*. DARREN CALABRESE/THE CANADIAN PRESS

Criminal complaint filed

Canadian sought sex with boys after near-death experience, U.S. agent says

A Quebec man charged in an American sting cited a near-death experience for wanting

to live out his "perv" fantasy of having sex with a boy, an American special agent alleges in court documents.

In an unproven criminal complaint filed in court in Florida this week, Vanessa Blanco, a special agent with the U.S. Department of Homeland Security, alleges Rene Roberge confessed to flying

to the U.S. to have sex with a 14-year-old boy.

Roberge, 47, was arrested Sunday at the Fort Lauderdale Hollywood airport. He was charged with coercion and enticement of a minor to engage in sexual activity and travelling with intent to engage in illicit sexual conduct.

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Royal Canadian Air Force CF-18 Hornets depart after refuelling with a KC-135 Stratotanker assigned to the 340th Expeditionary Air Refueling Squadron Thursday over Iraq. The Department of National Defence says Canadian fighter jets have struck another blow against Islamic State of Iraq and the Levant (ISIL) targets.
STAFF SGT. PERRY ASTON/U.S. AIR FORCE/THE CANADIAN PRESS

Canadian jets strike ISIL artillery targets in Iraq: Government

Remembrance Day strike. Defence Minister thanks 600 men, women in uniform for their work

The Department of National Defence says Canadian fighter jets have struck another blow against Islamic State of Iraq and the Levant (ISIL) targets in Iraq.

A spokeswoman for Defence Minister Rob Nicholson says CF-18 fighter-bombers

used a laser-guided bomb to hit an artillery position today near the city of Baiji, north of Baghdad.

Johanna Quinney says the airstrikes were being conducted in support of Iraqi forces leading localized offensives in the area.

U.S. and coalition jets have been pounding the area in recent weeks, destroying bunkers, vehicles and at least one anti-aircraft gun in recent days.

A technical briefing on the strike has been scheduled for Thursday.

Quoted

"This strike demonstrates Canada's firm resolve to tackle the threat of terrorism and stand with our allies against ISIL's atrocities against innocent women, children and men."

Defence Minister Rob Nicholson

In a statement, Nicholson acknowledged the fact that the strike took place on Remembrance Day, as he thanked the military personnel taking part in Canada's combat mission against ISIL.

"I commend the nearly 600 men and women in uniform for their tremendous work today in the international fight to degrade ISIL," Nicholson said.

THE CANADIAN PRESS

Canadian woman joins Kurdish militia

Israeli media reports a Canadian-born woman who served in the Israeli military has joined a Kurdish militia fighting the Islamic State of Iraq and the Levant (ISIL).

Channel 10 TV reported

Tuesday that Gill Rosenberg travelled to Iraq about 10 days ago. The 31-year-old served in the Israeli military and had previously worked as a pilot in Canada, it said.

The station said she spent time in a U.S. prison

for her part in a phone scam.

Speaking in Hebrew to Israel Radio, she said she contacted the fighters on Facebook.

"I was with the guerrillas in the mountains for a few

days and then I crossed the border," she said.

Facebook photos show pictures of her in Israeli army uniform in Jerusalem and what media said were her selfies taken in Iraq.

THE CANADIAN PRESS

Media freedom worries

CNN says it's going off the air in Russia

The international news channel CNN says it will halt broadcasting in Russia due to recent changes in media legislation.

Turner International, which operates CNN, didn't elaborate but appeared to refer to a law passed in October that limits foreign media ownership in Russia to 20 per cent.

Concerns are strong about media freedom in Russia, as the government has taken control of all major domestic TV stations, and the independent-minded Echo of Moscow radio station has come under pressure.

THE ASSOCIATED PRESS

Nigeria

Envoy blasts U.S. for lethal arms ban

Nigeria's ambassador to the United States has berated Washington for refusing Nigeria's requests to buy heavy weaponry because of allegations the defence forces have violated the human rights of Boko Haram suspects.

Adefuye dismissed the allegations as rumours spread by political opponents. An investigation found Nigerian troops responsible for the deaths of thousands of detainees since a state of emergency was imposed in May 2013 in three northeastern states. THE ASSOCIATED PRESS

Hawaii

Lava from volcano destroys first home

Lava, slowly snaking its way toward rural Hawaii communities for months, took just 45 minutes to burn down a vacated house Monday as a relative of the homeowner watched and recorded the destruction with an iPhone. It was the first house incinerated by a lava flow from Kilauea volcano on the Big Island.

THE ASSOCIATED PRESS



Lava flow burns a house in Pahoehoe, Hawaii, Monday. COUNTY OF HAWAII/THE ASSOCIATED PRESS



This image taken from video shows Rupert Starr, a 92-year-old Second World War veteran and ex-prisoner of war. He is continuing his activism in support of military service members who, like him, are gay. APTN/THE ASSOCIATED PRESS

WWII vet, 92, still active in support for military gays

Courage Under Fire. Filmmaker persuaded Rupert Starr to make a promotional video used to defeat U.S. military's Don't Ask Don't Tell policy

Like thousands of other young men in the 1940s, Rupert Starr joined the army, fought overseas and saw his share of hardship, including several weeks as a German prisoner of war. He returned to Ohio with a Bronze Star for heroism, and a secret.

Not until his service as a military man was needed once again — this time as an activist against the Pentagon's Don't Ask Don't Tell policy banning gays from

openly serving in the military — did Starr, who is gay, slowly step out of the closet.

Now 92 and still on the go, Starr — known universally by his family nickname Twink — is unabashed in his support for fellow gays in the service and love for his country.

"They were saying that you could not have the courage or the nerve to be in combat and you weren't qualified then to protect your buddy, because you would give up. You'd fade or you'd die, you'd cry," said Starr, who was honoured this weekend at a Stonewall Columbus veterans event.

"Well, that's not true," he said. "And I can prove it."

Starr enlisted in 1943 and graduated from infantry school, then was shipped overseas in October 1944 — first to England, then to St. Vith, Belgium. Starr was returning to headquarters from a mission during the Battle of the Bulge when he and a sergeant were captured by the Germans on Dec. 21, 1944.

Starr survived a series of harrowing travails as a POW, before finally arriving in a German town where his captors fled ahead of the Russians in mid-February 1945. He arrived home in Boston



An army photo of Rupert Starr. COURTESY APTN/THE ASSOCIATED PRESS

on April 20, 1945.

In 2004, Starr met filmmaker Patrick Sammon, a member of Log Cabin Republicans, the nation's largest Republican organization representing gays and lesbians. Sammon persuaded Starr to make a promotional video, *Courage Under Fire*, to be used in the effort to defeat Don't Ask Don't Tell. The 1993 policy was eventually overturned in 2011.

In 2009, Starr was named grand marshal of the Columbus gay pride parade. It was a far cry from decades ago when Starr watched a pride parade standing by bushes where he figured he could hide in case someone saw him. THE ASSOCIATED PRESS

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'That is not usual.' Deaths uncommon in sterilization program: Medical officer

Eight Indian women have died and 20 others were in critical condition Tuesday after undergoing sterilization surgeries in a free government-run program to help slow the country's population growth.

A total of 83 women, all poor villagers under the age of 32, had the operations Saturday in a hospital outside Bilaspur city in the central state of Chhattisgarh. All 83 surgeries were conducted within six hours, and each woman received a payment of 600 rupees, said the state's chief medical officer, Dr. S.K. Mandal.

"That is not usual," he said, but declined to comment further on what might have gone wrong until autopsies are conducted on the victims.

A federal Health Ministry spokeswoman declined comment on whether the government has set sterilization quotas, while activists blame the quotas for leading health authorities to pressure women into surgery rather than opt for contraception.

India's government has been long concerned about the rapid growth of its population, which has reached 1.3 billion people. The country has the highest rate of sterilizations among women at 37 per cent, sitting ahead of China at 29 per cent.

THE ASSOCIATED PRESS



Indian women who underwent sterilization surgeries receive treatment at the CIMS hospital in Bilaspur, in the central Indian state of Chhattisgarh, on Tuesday. THE ASSOCIATED PRESS

Tricky landing

Space agency prepares for probing mission

How do you land a spacecraft on a comet that is streaking by at 66,000 kilometres an hour? That's a problem scientists have been grappling with for more than a decade as they prepare for one of the most audacious space

adventures ever — the European Space Agency's attempt to land a scientific probe on the giant ball of ice and dust known as 67P/Churyumov-Gerasimenko.

They'll find out Wednesday whether their plan will work when the agency's mission control centre in Darmstadt, Germany, gives its unmanned Rosetta space probe the final go-ahead to drop a lander on the comet.

THE ASSOCIATED PRESS

South Korean ferry captain gets 36 years

More than 300 dead.

Captain Lee Joon-seok acquitted of homicide charge, found guilty of negligence and abandoning passengers in crisis

Enraged parents wept and screamed as a judge sentenced a South Korean ferry captain to 36 years in prison Tuesday for negligence and abandoning passengers when his ship sank earlier this year, killing more than 300 people, mostly high school students.

The highly anticipated verdict came on the same day officials called off searches for the final nine victims and reflects the continuing grief and finger-pointing over one of the worst disasters in South Korean history.

Victims' relatives immediately criticized the sentences for captain Lee Joon-seok and 14 other crew members as too lenient.

Lee was acquitted of a homicide charge, which could have carried a death sentence, because the court said there wasn't proof that he knew his actions would cause such a massive loss of life.

"Do you know how many children are dead?" one relative shouted out during the sentencing, according to Kook Joun-don, a lawyer for the relatives. "This isn't right," another screamed.

Most of the ferry passengers were teenagers taking a school trip to a southern is-



Ferry captain Lee Joon-seok. YONHAP, HYUNG MIN-WOO/THE ASSOCIATED PRESS

Quoted

"Do you know how many children are dead?"

An unnamed family member of one of the dead children shouts out during the sentencing hearing for ferry captain Lee Joon-seok.

land. Many student survivors have said they were repeatedly ordered over a loudspeaker to stay on the sinking ship and that they didn't remember any evacuation order being given before they helped each other flee the vessel.

Lee has said he issued an evacuation order. But he told reporters days after his arrest that he withheld the evacuation order because rescuers had yet to arrive and he feared for the passengers' safety in the cold, swift waters.

An official from the Justice Ministry, who requested anonymity because of office rules,



Relatives of the victims of the sunken ferry Sewol cry at a gym on South Korea's southwestern island of Jindo on Tuesday, where they have been staying since the April 16 sinking. YONHAP, PARK CHUL-HONG/THE ASSOCIATED PRESS

said Lee, 69, will technically be eligible for parole after serving one-third of his prison sentence.

Nearly seven months after the sinking, 295 bodies have

been recovered but nine are missing. Officials said Tuesday they've ended searches because there was only a remote chance of finding more bodies. THE ASSOCIATED PRESS

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Would regulation kill Internet innovation?

America. Obama aims to impose new rules on high-speed Internet service providers, but industry leaders warn that would stifle progress

Let's say President Barack Obama gets his way and high-speed Internet service providers are governed by the same U.S. regulations imposed on telephone companies 80 years ago.

Depending on whom you listen to, the rules could unleash future innovation and create jobs — or stifle innovation and kill jobs. The divisive and often confusing debate has intensified now that Obama has entered the fray.

Obama's stance is meant to protect "net neutrality," the concept that everyone with an Internet connection should have equal access to all legal content online. The idea served as one of the Internet's building

Against regulation

If the U.S. government becomes the Internet's traffic cop, service providers could lose incentive to continue investing in projects that improve their networks and expand into areas that have little or no high-speed access.

- This would lead to less innovation and threaten millions of jobs, according to cable and telecommunications companies spearheading the argument for little or no regulation.

- Adopting Obama's approach "would threaten millions of jobs and a diverse array of stakeholders," warned an industry trade group.

blocks, but its fate has been in limbo since January, when a court ruling invalidated Federal Communications Commission

guidelines designed to treat all online traffic equally.

The FCC has already been working on a new regulatory framework and is under no legal obligation to heed Obama's call. Nevertheless, Obama's opinion turns up the political heat on FCC chairman Tom Wheeler and the four other commissioners who will make the final decision. The FCC isn't under a deadline to make a decision.

Obama believes the adoption of these Depression-era rules are the best way to preserve a "free and open" Internet that gives everyone in the U.S. the same access to any website hosting legal content, including video, music, photos, social networks, email and maps.

Adopting these rules would empower the U.S. government to prevent powerful online service providers such as Comcast, Verizon and Time Warner Cable from controlling Internet traffic in a way that suits their own financial interests.

THE ASSOCIATED PRESS



Baby got (green) backs

Jessica Asmar, owner of Feel Foxy, adjusts padded panties on a mannequin in the studio at her Katy, Texas, warehouse. Asmar says 2014 has been its best year since launching nearly a decade ago. Sales are up 40 per cent from a year ago. The U.S. booty business is getting a big bump. Companies are cashing in on growing demand from women seeking the more curvaceous figures of their favourite stars, who flaunt their fuller rear ends. Nicki Minaj, for instance, raps about her "big fat" butt in Anaconda. Reality star Kim Kardashian posts photos of hers on Instagram. PAT SULLIVAN/THE ASSOCIATED PRESS

Haters gonna hate, hate...

Spotify CEO tries to Shake Off haters

Spotify's Swedish CEO voiced disappointment Tuesday that Taylor Swift pulled her music off the popular music streaming service, denying claims it's making money "on the backs of artists."

Daniel Ek defended the service in a blog post, saying he had co-founded the platform to protect artists from piracy and had paid more than \$2 billion US to music labels and publishers since 2008. THE ASSOCIATED PRESS

Market Minute

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COUNTRY AS GRASSROOTS AS ASTROTURF

What exactly is "country" music?

The reason I ask is that I watched the Country Music Awards the other night and whatever it was they were celebrating, it's a long way from Hank Williams, Hank Snow and all them other down-home Hanks.

I'm not sure most of the performers could find the country even with a GPS. It must be that green stuff they fly over when they're going to L.A., the current home of country music.

Of course, we've come to expect that Mammon trumps the Muse when it comes to award shows, but even the Grammys have more creative edge than the CMAs. At this year's Grammys, Sia sang her No. 1 hit Chandelier facing the wall, and never once looked into the camera. Maybe it was a protest against the homogenization of country.

Exhibit A: Carrie Underwood, country's ruling diva. With your eyes closed, I defy you to tell her from Celine Dion. Even with



JUST SAYIN'
Paul Sullivan
metronews.ca

your eyes open, Carrie's an homage to Celine: a festival of over-the-top chest pounding, fists in the air, hair-blowing-in-the-wind-machine.

I guess you could argue that Las Vegas is in the country. And the fountain in front of the Bellagio, that's the ol' swimming hole.

Then there's the Country Group of the Year, Little Big Town. Lovely harmonies, but danged if they don't look and act like Abba with a slight twang. Is that Swedish?

Or how about Keith Urban? Of course, Keith is from Australia, where country is called the outback. He should be at the OMAs, the Outback Music Awards, held annually at Ayers Rock.

For most male country singers, the big decision seems to be "Hat? No hat?" The new generation of country music singers, e.g. the Florida Georgia Line boys or Luke Bryan, forgo the cowboy hat altogether, leaving it to their older brothers like Jason Aldean or Tim McGraw.

The size of the hat seems important. Garth Brooks, the Eminem of country music, made a rare cameo appearance at the CMAs, and Garth made sure there was no doubt about who's got the biggest hat. His was at least 10 gallons, er, 37.8541178 litres.

My wife's theory is that it depends on how much hair they have. Garth Brooks is follicularly challenged. Keith Urban has reliable hair even if he is from Oz.

If there's any doubt that what goes as country music today is as grassroots as AstroTurf, every once in a while, a real country music star wanders out onto the stage. This year's Ghosts of Actual Country Music were George Strait and Loretta Lynn. You can just tell they didn't learn their accents at the mall. You can't fake authenticity. You're either a coal miner's daughter, or you're not. Unfortunately, the two of them are about 160 years old. Both knock-in' at heaven's door.

Final proof that pop culture has swallowed country and spit out the hayseeds: the inexplicable appearance of divalet Ariana Grande, that country sensation from Boca Raton, Fla., who began her career singing on cruise ships. Bon voyage, y'all.

Europe looks back a century



A Remembrance Day ceremony takes place by Paul Cummins' Blood Swept Lands and Seas of Red art installation in the dry moat of the Tower of London. Each poppy represents a British and Commonwealth military fatality from WWI. Link to a related video in MetroTube, at right. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Last of 888,246 poppies 'planted' for fallen soldiers from WWI

Europe marked Armistice Day Tuesday with ceremonies and moments of silence as France opened an international memorial on a former battlefield.

This year's events had special significance because 2014 is the

centenary of the start of the First World War. Tuesday marked the 96th anniversary of the armistice that ended the war on Nov. 11, 1918.

French President François Hollande inaugurated an international war memorial at Notre-Dame-de-Lorette, in northern France, in the presence of German, British and Belgian officials. The Ring of Memory

carries the names of 600,000 soldiers from more than 40 countries who died in the region during the war. Names are listed alphabetically, without their nationalities.

"Yesterday's enemies, these men are now reunited in death as if they belong to the same family," said Hollande.

In Britain, thousands gathered at the Tower of London, where a

blood-red sea of ceramic poppies spilled into the moat as part of an art installation paying tribute to soldiers killed in the fighting.

A 13-year-old army cadet, Harry Hayes, planted the final poppy — the last of the 888,246 glass flowers. Among the dead was Hayes' great-great-great-uncle, Pte. Patrick Kelly of the 1st Battalion, Irish Guards.

THE ASSOCIATED PRESS

MetroTube

Remember



ANDREW FIFIELD
andrew.fifield@metronews.ca

We trust you all had a peaceful and reflective Remembrance Day yesterday, which seemed a little more poignant than most. Aside from recent attacks on soldiers in our own country, this year marked the centenary of the beginning of World War I. To mark that anniversary,

Britain planted a field of ceramic poppies around the Tower of London. See the completed field from above in a drone-shot video here. (Historic Royal Palaces/YouTube)



Twitter

@metropicks asked: NBC has decided to give three of their dramas the same storyline for an episode. Which TV shows should never, ever crossover?

@EvanPetrie17: Modern Family and Duck Dynasty

Join the conversation @metropicks.

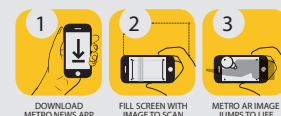


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In this issue, you can find AR enhancements on page 27 in Sports.

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Short is humble, I must say

Books. SCTV and SNL funnyman Martin Short is philosophical about life's ups and downs

Martin Short says the reason he found the strength to keep going after his wife's death is simple: "We go on."

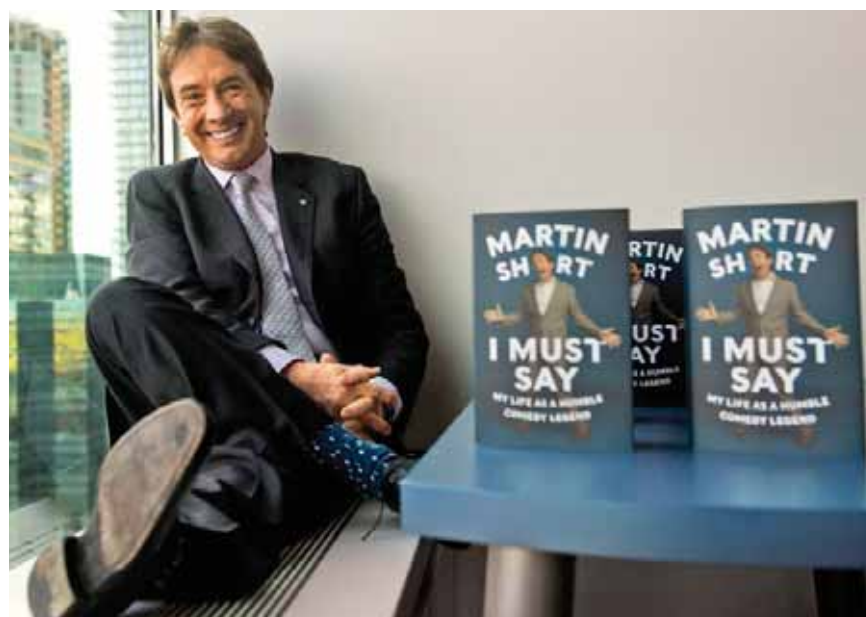
"Whatever we think it's going to be, the sun will come up, and you have to eat lunch," he said in a recent interview. "It's just life. We are all going to perish. I think we all naturally, understandably, live in denial of that."

Short, 64, reflects on both comedy and tragedy in his new memoir, *I Must Say: My Life as a Humble Comedy Legend*. The book details his journey to the top, from his early years as a member of Toronto's Second City improv troupe to the set of Saturday Night Live and to the big screen in films including *Father of the Bride*.

He writes that the death of his beloved wife of 30 years, Nancy Dolman, in 2010 is "by far the most awful thing I've been through." But he says he found strength for the sake of his three adult children. The night before Nancy died, Short told his youngest son Henry, "This will make you stronger. This will make you more determined."

"If I had no children, maybe I could have said, 'You know what? That's it for a public life,'" Short said. "But I have three kids, so they look to you to see what's the next step. 'Do we still have a family? Are we still a united front?' It's up to papa to make sure."

Short recalled throwing himself into work in the



Martin Short poses with his new book *I Must Say: My Life as a Humble Comedy Legend*. NATHAN DENETTE/THE CANADIAN PRESS

time after his wife's death. In a notorious episode of the *Today* show in March 2012, host Kathie Lee Gifford asked Short about his "great" marriage, apparently unaware Nancy had died.

He addresses the incident in his book, saying he has never felt any malice toward Gifford for the gaffe. "Besides, Kathie Lee wasn't wrong," he writes. "Nan and I did have one of the greatest marriages in show business."

While growing up in Hamilton, Ont., Short's four older siblings and both parents were constantly cracking jokes. "It was trickle-down funny," he said.

But his youth was marked by loss as well. When Short was 12, his eldest brother David died in a car accident. Then when he was 17, his mother died of cancer, and

Ed Grimley as marriage counsellor

In 1984 Short joined Saturday Night Live, where his excitable man-child character Ed Grimley became a standout.

- He reveals in the book that spiky-haired Ed was not only beloved to fans, but also had a special place in his marriage.
- "If we were having a fight

and I wasn't backing down, she'd say, 'I don't want to talk to you anymore, I want to talk to Ed,'" he recalled.

- Then adopting Ed's gushing voice: "Oh Miss Nancy, can you believe how stubborn he is? He's so self-absorbed and desperate and doesn't appreciate how beautiful you are, I must say."

two years later, his father died of complications from a stroke.

Short said writing about painful memories wasn't necessarily "cathartic."

"I remember everything. I've lived with everything. So there were no surprises," he said. "What you don't know

when you start is how open you're going to be: what you're going to tell, what you're not going to tell, what you feel comfortable telling.

"As you write it, you start to realize that it can't be a bunch of anecdotes about funny things that happened when I met Richard Burton.

It has to have a little depth and understanding. That's why you write the book, because you gained wisdom in life and maybe you can give some of that wisdom to other people."

He recalled that in his early days, he quickly learned he had to know how to do everything — act, sing, dance, be funny — to succeed. Short eventually landed at Second City before joining the cast of SCTV in 1982.

The atmosphere at SCTV was harmonious because his castmates Joe Flaherty, Eugene Levy and Andrea Martin, among others, were so talented, he said.

"Usually the people who aren't the talented ones are the ones who become the most temperamental," said Short. "SCTV was that good. They didn't need to throw tantrums."

These days Short is still a sought-after film and stage actor. He has a role in Paul Thomas Anderson's upcoming film *Inherent Vice*, and will replace Nathan Lane in *It's Only a Play* on Broadway in January.

But for all his success, Short acknowledged he has never had a long-running sitcom or a box-office smash (apart from the *Father of the Bride* movies). He said that's never bothered him much, however.

"Well, you weren't thrilled when your film *Innerspace* didn't go through the roof, but I've never been drawn toward negative energy. So you take it in, you go, 'Hmmm,' but then you go for a swim or something," he said. "It didn't make sense to wring your hands too long. I mean, prick me and I bleed, but then I put a bandage on."

THE CANADIAN PRESS

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Tabloid blogs are trying to use Leighton Meester's lyrics as a gossipy peek into her private life. THE CANADIAN PRESS

Looking for gossip in a song is just 'sad'

Music. Leighton Meester wishes people would take their own experiences out of her songs on *Heartstrings*

Leighton Meester's rootsy redesign *Heartstrings* offers a much clearer look at the actress-musician-model than her prior forays into glossy pop — and naturally, tabloid blogs are trying to use her lyrics for a gossipy peek into her private life.

In particular, the album's Fleetwood Mac-reminiscent title track inspired a round of articles speculating on which ex might have been Meester's inspiration, replete with thoughtful breakdowns.

The 28-year-old Meester, who has protected her privacy more carefully than many young stars, said she didn't intentionally obfuscate details in her songwriting to avoid this

scenario. But she finds such lyrical sleuthing a bit uncomfortable, not to mention inaccurate.

"That's sort of what takes a bit of joy out of this process — it's all beautifully positive, but you know for people to focus on that would really be sort of sad, because I think they're missing out on their own experience," the former *Gossip Girl* star said in a telephone interview this week.

"That's what those people are built to do, and they're going to do it, I suppose. But (the lyrics are) truly not specific enough. It's just me and my feelings and my experiences and my heart. And truly, no one song is about any particular experience. It's really just sort of the culmination and the piling up of experiences."

And yet, Meester says the musing-on-muses phenomenon — of course also a Taylor Swift-related tradition — extends beyond the blogs.

"One thing that's strange is

Long time coming

Meester took more than two years to work on the songs on *Heartstrings*, while continuing a film career and spending four months performing *Of Mice and Men* opposite James Franco and Chris O'Dowd on Broadway.

to say (live): 'I wrote this song about a breakup.' And then I can hear people in the crowd going, 'Who is it?' 'Who's she talking about?' First of all, that's not the point," Meester said. "And also ... I'm sure people deal with this all the time but it reduces it in a way that I don't like."

"It's so strange and sad to try to link these (songs) to a Hollywood hunk."

"It's sort of sidelining I suppose my actual message or accomplishment."

THE CANADIAN PRESS

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Bryan Cranston THE ASSOCIATED PRESS FILE

Books. Bryan Cranston to voice audio sequel of naughty nursery rhyme

Bryan Cranston has lent his voice to a sequel to the profane hit nursery rhyme *Go the Bleep* to Sleep.

The *Breaking Bad* and *Malcolm in the Middle* star follows in the footsteps of Samuel L. Jackson by narrating *You Have to (Bleeping) Eat*, by novelist Adam Mansbach. The new audiobook will be available free from Audible starting Wednesday.

"This is a very funny book and my hope is that listeners will agree that I can swear with just as much panache

as Samuel Jackson," Cranston said in a statement.

Sample line: "The bunnies are munching on carrots. The lambs nibble grasses and bleat. I know you're too hungry to reason with but you have to (bleeping) eat." Now imagine it's read by Walter White.

Go the (Bleep) to Sleep, with illustrations by Ricardo Cortes, was a surprise hit in 2011, inspired by Mansbach's daughter's resistance to sleeping. It sold more than 1.5 million copies worldwide.

THE ASSOCIATED PRESS

Gaming. Assassin's Creed does French Revolution

A new installment of blockbuster video game *Assassin's Creed* made its worldwide debut Tuesday, allowing players to wield deadly skills on the streets of Paris during the French Revolution.

Assassin's Creed: Unity is the latest installment of the annual, history-based action franchise from French gaming developer Ubisoft.

"I was surprised how realistic it could be," Ubisoft chief and co-founder Yves Guillemot told AFP at a major E3 video game trade show earlier this year.

"From the street names

to how it was before compared to how it is now, you are really more into the details when it is your own city," he said.

Billed as the most "dense and immersive" version of the hit franchise ever created, *Assassin's Creed: Unity* casts players in the role of a young man who grows into a master assassin and helps shape the fate of France.

"We have been working with lots of people to try to get the spirit of the French Revolution — what happened and why it happened," Guillemot said. AFP



A still from *Assassin's Creed: Unity*. UBISOFT

Music



Nicki Minaj THE ASSOCIATED PRESS FILE

Minaj says sorry for controversial imagery in video

Nicki Minaj is apologizing for a video that some feel uses Nazi imagery.

The rapper posted on Twitter on Tuesday that she didn't create the concept for the lyric video for her song *Only*. She wrote: "(I) take full responsibility if it has offended anyone. I'd never condone Nazism in my art."

The animated video, which debuted Friday, features a swarm of soldiers with red armbands featuring a logo that has been compared to a swastika. The logo also appears on Minaj's chest in the clip.

The video has more than two million views. THE ASSOCIATED PRESS

Movies

Hollywood aims to reclaim its crown as world's film capital

Los Angeles famously calls itself the Entertainment Capital of the World. But the reality is, many filmmakers have long since fled to cheaper locations in London, New York, Canada and elsewhere.

Now Hollywood is battling to win back its title.

In a bid to regain the initiative California tripled its tax credits this year for filmmakers, to \$330 million US per year compared to \$100 million per year previously.

The strategy has immediately borne fruit: in the third quarter of 2014 TV production in the City of Angels surged by 31 per cent year-on-year.

"While we are still trying to reclaim our share of television production, we're encouraged," said the head of Film LA, Paul Audley, announcing the new figures. AFP



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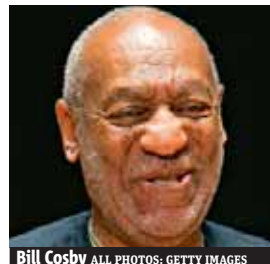
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Bill Cosby not happy to be a man of memes

In other "totally not getting the Internet" news, Bill Cosby got more than he bargained for this week when he asked fans online to "meme" him, offering a meme generator on his site where fans could put fun block text over photos of him from *The Cosby Show* à la Lolcats. Well, a lot of people used it, only they used it to reference allegations of rape made against the comedian a decade ago. His team deleted his initial tweet and took down the meme generator as fast as possible, but not before some choice screen grabs could go up.



Bill Cosby ALL PHOTOS: GETTY IMAGES

Spider-Man spinoff has aunt in its plans

Want a clear indication that comic book movies are officially getting out of hand? How about the rumour that Sony is working on a Spider-Man spinoff film about Aunt May, his elderly guardian played by Sally Field in the current incarnation of the franchise? Now, Sally Field won't be in this one, necessarily, as the rumoured film will be an "espionage story" that takes place when she's younger, before Peter Parker ends up under her roof. I don't remember Aunt May being a spy before settling down in Queens to frown and fret all the time, but then I don't really remember anything about Aunt May's past from the comics, so why not? Oh right, because it's a terrible idea.



Sally Field

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



JLaw once scorned, now Twitter shy



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Great job, haters. You've gone and scared off Jennifer Lawrence.

The *Hunger Games* star insists she's got a firm anti-social media stance, and it's all because you couldn't play nice.

"The Internet has scorned me so much that I feel like it's that girl in high school that I'm like, 'Oh, you want to talk about

her? Yeah I'll do that!' Take my hoops off, I'm ready to go," she says in a BBC radio interview.

But it's not just scorn that's keeping her away. Lawrence thinks she just can't handle Twitter. "I don't really understand what it is. It's like this weird enigma that people talk about. It's fine, I respect that, but no, I'll never get a Twitter," she says.

Aw, she says "a Twitter" just like my 72-year-old aunt. That's adorable.

"If you ever see a Facebook, Instagram or Twitter that says it's me, it most certainly is not." Maybe someone should tell her about her official Facebook page, then.

Lindsay ready to say so long London town, hello New York City

Just giving you fair warning, New York: Lindsay Lohan is feeling "homesick" and is headed back our way.

Lohan will reportedly move back to New York City once her run in the West End production of *Speed-the-Plow* wraps up, according to Radar Online.

"She never intended on staying in London forever. She does love it there and has made some great friends in London, but N.Y.C. will always be her home."

She's also apparently "shopping around" for a



Lindsay Lohan

new place downtown. On the bright side, I think this means New York is about to get edgy again, right?

How-to

Avoid common travel mistakes

Tessa Singh from Sojourn Travel shares these travel tips.

1. Book airfares as early as possible to get the best price. No dawdling.
2. Your passport should be valid for at least six months prior to your return date.
3. Make sure the name on your passport matches the name on all of your travel documents.
4. Make two copies of your passport: one for your luggage and one to leave at home with a friend.
5. Check to see if the country you're visiting requires a visa.
6. Always travel with a bit of currency of the country you're visiting.
7. Research your trip at home, rather than in the hotel. **DOUG WALLACE**

New

Sunrise Kempinski Hotel, Beijing

Yanqi Lake, China, sets the stage for this staggering new 306-room hotel, which opens next week. Ten thousand pieces of glass make up the exterior, reflecting sky, mountains and water. Highlights include lush gardens and a private marina with an electronic boat. The 14-square-kilometre area is actually a hotel "community" that includes the Sunrise, the Yanqi Hotel (with 111 rooms) and 12 smaller boutique hotels on Yanqi Island. Visit kempinski.com/beijingyanquilake. **TEXT AND PHOTO: DOUG WALLACE**



New

Sail Cuba's Canarreos Archipelago

This is a millionaire trip on a budget from Intrepid Travel — a small-group sailing adventure through some of the 250 islets south of Cuba in the Caribbean Sea. Starting and ending in Havana, the trip includes seven nights aboard a catamaran discovering pristine islands and hidden beaches, enjoying the sea turtles, manta rays and maybe some rum. If you ever wanted to learn how to sail, this might be your chance. Nine days from \$2240. Visit IntrepidTravel.com. **TEXT AND PHOTO: DOUG WALLACE**



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NOVA SCOTIA'S
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Catch Mary Pratt's work in Halifax this winter

Visitors to Halifax have until the end of February to enjoy a rare retrospective on the artwork of Mary Pratt, one of Canada's finest still-life painters. The Art Gallery of Nova Scotia, Atlantic Canada's largest art museum, is the final venue for the exhibition, which drew record crowds at galleries in Newfoundland, Ontario and Saskatchewan. Pratt's paintings typically deal with images of domestic life, but the stunning, almost stark, realism she brings to simple, everyday objects create what one critic has described as a "sense of wonder and occasional unease." Describing herself as a "realist painter," Pratt has said: "My only strength is finding something where most people would find nothing." The exhibition also features video vignettes, audio recordings and written descriptions of each painting from Pratt.

THE CANADIAN PRESS

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Nova Scotia, one bowl of chowder at a time

Chowder Trail. Have a hankering for something hearty? Check out one of the 60 featured chowders on this culinary trek

There are plenty of ways to make seafood chowder. In Nova Scotia, there's also no shortage of places to try it out.

At the Salt Shaker Deli in Lunenburg, it's done with scallops, mussels, shrimp and smoked haddock. Le Caveau, a restaurant at the Domaine de Grand Pré winery in Grand Pré, serves its lobster and scallop chowder in a Spanish almond broth with spring onions and smoked paprika on top.

Sixty chowders across the province are featured in the 2014 edition of Nova Scotia's Chowder Trail, almost double last year's number, said Christine White, a spokesperson for Taste of Nova Scotia, the organization behind the idea, now in its third year.

"What makes the Chow-

der Trail unique is that every chowder is different," she said, adding it's a great way "to taste your way around the province."

And when it comes to seafood chowder, there are strong personal preferences.

"If you ask people what their favourite chowder is, you'll get all different answers," White said. "For some people, it has to be creamy and thick. Other people don't like potatoes in it. For others it's not a chowder if it doesn't have potatoes, lobster and mussels in it."

At a chowder cook-off this year, featuring some of the restaurants on the trail, chef Thomas Carey of Pictou Lodge Beach Resort was named champion for a concoction that included double-smoked bacon, Nova Scotia mussels, fresh Atlantic scallops, haddock and fresh chopped tarragon.

Mark Gabrieau of Gabrieau's Bistro in Antigonish came in second, and Craig Flinn of Chives Canadian Bistro in Halifax was third.

A cookbook highlighting recipes for some of the trail chowders was published earlier this year. **THE CANADIAN PRESS**



There are myriad ways to make chowder in Nova Scotia — scallops, mussels, shrimp, almond broth and smoked paprika are some of the possible ingredients. Try them all on Nova Scotia's Chowder Trail. **THE CANADIAN PRESS**

Quoted

"What makes the Chowder Trail unique is that every chowder is different. (It's a great way) to taste your way around the province."

Christine White, spokesperson for Taste of Nova Scotia

If you go...

A map of eateries on Nova Scotia's Chowder trail is available at tasteofnovascotia.com/the-chowder-trail.

Want to try one of the recipes at home? Visit <http://bit.ly/1LUKZH> for Thomas Carey's double-smoked bacon chowder.



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Gain speed in the modern rat race

Career. Use these six strategies to show the world that you're serious about success

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Staying competitive in today's tough job market takes hard work. In addition to making you more desirable as an employee, the following six steps should also give you the satisfaction of knowing that you're doing everything you can to set yourself up for success in your career.

Professional development

This term might have sounded vague and slightly ominous when you were in school, but there's a reason it gets tossed around so much. It's incredibly important to continuously learn about your profession and what makes someone good at it.

There are always new technologies, strategies and work methods emerging in any given field.

Professional development (e.g. workshops, courses, training programs or online webinars) will help you to stay on top of best practices and give you a chance to learn from the pros.

Networking

Building up a professional network is great, whether you're thinking about future job prospects, wanting to learn from those who have gone before you or if you just enjoy meeting new people.

If there aren't any networking events in your area that you can attend, try reaching out to people who



Looking to accelerate your career? Think about what you can do to become a more desirable employee. ISTOCK

have worked at your company for a while to see if you can buy them lunch or a coffee and ask them about their careers.

Or you can contact people who around your age or those who are working in similar positions at other companies to see if they're interested in getting together to chat about any work-

related challenges you're all facing.

Together, you could brainstorm some great potential solutions.

Volunteering

Volunteering is beneficial at any stage of your life or career. Signing up to volunteer at an organization you're interested in is an

Find a mentor

Finding a mentor doesn't have to require a huge commitment or be a formal and demanding relationship.

- It's mainly about having someone you can talk to — whether it's a boss, colleague or friend — who has more experience than you and who is willing to share their tricks of the trade. Everyone needs a bit of guidance sometimes and thankfully there are many people out there who are willing to pass on what they've learned to those who are just starting out.

excellent way to give back to your community, learn new skills and meet some amazing people.

You may discover an interest you didn't know you had or learn that you don't actually like a particular line of work as much as you thought you might. And of course, volunteer positions look great on a CV.

Take initiative

The more you are open to trying new things and taking on roles or responsibilities

that are outside of your usual duties, the more opportunities you are giving yourself to learn, grow and shine. If your boss wants someone to take over a new project or portfolio, don't wait until it's assigned to you. Instead, offer to take the lead on it (as long as it won't make your workload unmanageable).

This will show your employer that you're a go-getter. Moreover, it could end up being a really positive experience.

Research

Unless your job actually involves research, this is probably something you thought you could avoid upon leaving school.

This isn't like the painstaking research you did before writing an essay — it's about staying up-to-date with what's going on in your industry.

In today's market, there is fierce competition for every job and industries change much more rapidly than they did in the past.

Try subscribing to a blog that relates to your field, reading relevant journals or magazines or signing up to get email alerts every time something newsworthy happens in your industry.

Whatever you need to do, make an effort to be aware of current trends and new developments that could impact your work.

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DINNER EXPRESS
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November is the time to enjoy some sports.

Whether you are playing, coaching, watching or cheering in the background, there are a lot of awesome sports on this month.

With the variety of great games, you may want to invite friends over to watch and enjoy some tasty hot snacks like these.

You'll see just how filling these snacks can be paired with some veggie sticks, nachos and salsa.

Eating in and enjoying small bites like these for dinner is a fun way to get together with friends and change up the everyday.

Creamy Hot Crab Dip

With a fresh burst of lemon rind and juice, this dip is perfect served up in a fondue pot or a small slow cooker. Lots of crackers, pretzel sticks or baguette slices are ideal dippers.

1. In a saucepan, combine cream cheese, sour cream,

Ingredients

Creamy Hot Crab Dip

- 1 pkg (8 oz/250 g) cream cheese
- 1/2 cup (125 ml) each sour cream and mayonnaise
- 1 box (7 oz) frozen snow crab meat, thawed and squeezed dry
- 1 clove garlic, minced
- 1/2 tsp (2 ml) finely grated lemon rind
- 2 tbsp (25 ml) lemon juice
- 1 tsp (5 ml) Worcestershire sauce
- 1/2 tsp (2 ml) hot pepper sauce
- 1 tbsp (15 ml) chopped fresh chives or parsley

Nacho Appetizer Meatballs

- 1 small onion, peeled, grated
- 1 egg
- 1/3 cup (75 ml) medium salsa
- 1 tsp (5 ml) Worcestershire sauce
- Pinch ground black pepper
- 2 cups (500 ml) bite size tortilla chips, crushed to make 1 cup (250 ml)
- 1 lb (500 g) extra lean ground beef
- Pretzel sticks
- Salsa, sour cream or nacho cheese sauce (optional)

FLASH FOOD

From your fridge
to your table in
about 30 minutes
or less



mayonnaise, crab meat and garlic. Heat over low heat, stirring until creamy and combined well.

2. Stir in lemon rind, juice, Worcestershire and hot pepper sauces.

3. Scrape into fondue pot or slow cooker to keep warm. Sprinkle with chives.

Nacho Appetizer Meatballs

These bite-size meatballs taste like nachos! Using tortilla chips and salsa adds great flavour and you can keep them warm in a slow cooker on low or simply heat them up when you

need them. Serve with more salsa, sour cream or nacho cheese sauce to dip.

1. In a large bowl, stir together onion, egg, salsa, Worcestershire sauce and pepper. Stir in crushed tortilla chips and let stand for 10 minutes to soften. Mix in beef until well combined.

2. Using level tablespoon (15 ml) roll mixture into balls and place onto foil lined baking sheet. Place baking sheet 6 inches (15 cm) under broiler on High and broil for about 10 minutes, turning pan if necessary to cook evenly until golden and no longer pink inside.

3. Pierce pretzel stick in each meatball to serve. Serve the meatballs with salsa, sour cream or nacho cheese sauce if desired.



The crab dip recipe makes 2 1/3 cups (575 ml). The meatball recipe makes about 38 meatballs. EMILY RICHARDS

Mac 'n' Cheese moonlights as delicious baked muffins



This recipe serves 10 to 12. DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

1. Preheat oven to 375 F (190 C). Butter non-stick muffin pan; divide bread crumbs between cups. Shake and tilt pan to coat all sides of cups well. Discard any excess.

2. In pot of boiling salted water, cook macaroni for about 8 min-

utes or until al dente, or according to package directions.

3. Meanwhile, in a medium saucepan set over medium-high heat, melt butter. Sprinkle with flour, mustard, salt and pepper; cook, whisking, for 1 minute. Gradually whisk in milk. Bring to a boil and reduce heat. Whisk for 3 to 5 minutes or until smooth and thickened. Remove from heat; stir in 2 cups (500 ml) cheddar until melted and smooth.

4. Drain macaroni and return to pot. Pour cheese sauce over pasta; stir until coated.

5. Divide the mixture evenly among the muffin cups. Sprin-

kle with remaining cheese. Bake for 20 minutes or until hot. Let stand 10 minutes. Run knife around each muffin, then ease out of cup. DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

Ingredients

- 2 tbsp (30 ml) dry bread crumbs
- 2-1/2 cups (625 ml) elbow macaroni
- 3 tbsp (45 ml) butter
- 3 tbsp (45 ml) all-purpose flour
- 1 tsp (5 ml) dry mustard
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) pepper
- 1-1/2 cups (375 ml) milk
- 2-1/2 cups (625 ml) grated Canadian aged cheddar, divided

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MLB awards

Williams and Showalter named top managers

Matt Williams was chosen NL Manager of the Year after guiding the Washington Nationals to the league-best 96 wins in his first season on the job while Baltimore's Buck Showalter took the AL Manager of the Year honour.

Williams got 18 first-place votes and 109 points in balloting by the Baseball Writers' Association of America announced Tuesday. Williams became the fourth manager to win in his first year.

Showalter received 25 of 30 first-place votes and 132 points. He kept up his pattern of winning the award once a decade following victories with the New York Yankees in 1994 and Texas in 2004. **THE ASSOCIATED PRESS**

Yankees

Girardi not sure what to expect from A-Rod in 2015

Yankees manager Joe Girardi won't know until March what to expect of Alex Rodriguez in 2015.

Rodriguez was limited to 44 games in 2013 following hip surgery, then was suspended for all of this season for violations of baseball's drug agreement and labour contract.

Girardi spoke to the third baseman about potentially playing some first base on days Mark Teixeira is given off. Girardi says, "We're going to have to see where he's at in spring training. But he's working and trying to get prepared."

THE ASSOCIATED PRESS

Canadians down and nearly out

ATP Finals. Raonic, Nestor both 0-2 in their respective draws, with little chance at getting past group stages

Canadian Milos Raonic lost his second straight match at the ATP Finals on Tuesday and is now a longshot to make it to the weekend semifinals at the season-ending event.

Raonic dropped a 6-3, 7-5 decision to Britain's Andy Murray to fall to 0-2 in round-robin play. The Canadian will face Japan's Kei Nishikori on Thursday in a must-win match.

Raonic could not seem to get his usually strong service game on track in the 91-minute match. The hard-serving right-hander was limited to just four aces and his first-serve percentage barely cleared 50 per cent.

"I didn't do my job today," said Raonic. "To be frank, my first-serve percentage at this moment, at least today, shouldn't have been above 40 per cent. I started hitting serves 115 miles an hour to get it past 50 per cent."

"I haven't served well, I've been too passive on the court. I've been trying to beat the two guys playing their tennis and that's not going to work for me."

The Canadian was forced to save two break points in the fourth game, then lost serve on a forehand error as Murray took a 4-2 lead. Raonic later saved two set points before



Andy Murray, left, shakes hands with Milos Raonic after winning their singles match on Day 3 of the ATP Finals in London, England, on Tuesday. Scan the image with your Metro News app for more action from the year-end tournament. **ADRIAN DENNIS/AFP/GETTY IMAGES**

Quoted

"It would be good to win this last match, you always want to finish a season on a better note."

Daniel Nestor who is playing in the doubles draw with partner Nenad Zimonjic

eventually dropping the opener in 37 minutes.

Murray picked up a late break in the second set to move ahead 6-5 and completed the victory when Raonic sent a return long.

Raonic, from Thornhill, Ont., cannot lose a set against Nishikori in order to keep his faint semifinal hopes alive.

"I have some slim possibilities," Raonic said. "I have to win in straight sets, but I'm not

going to start counting games now."

Earlier, Canadian doubles veteran Daniel Nestor and Serbian partner Nenad Zimonjic also suffered their second loss and hold a slim chance of advancing out of the group stage.

The pair, who are playing their final tournament together after two partnerships over the years, dropped a 6-4, 5-7, 10-4 decision to Frenchmen Julien Benneteau and Edouard Roger-Vasselin. **THE CANADIAN PRESS**

Habs flip Moen for veteran D-man Gonchar



New Habs defenceman Sergei Gonchar, left, then playing for Dallas, checks the Devils' Ryan Carter last January in Newark, N.J. **BRUCE BENNETT/GETTY IMAGES**

The Montreal Canadiens acquired defenceman Sergei Gonchar from the Dallas Stars on Tuesday in exchange for forward Travis Moen.

Gonchar missed the first 11 games of the season with a foot injury and has one assist in three games since his return. The veteran blue-liner has 798 points (219-579) in 1,256 regular-season games since making his NHL debut in 1994-95.

He has also played for the Washington Capitals, Boston Bruins, Pittsburgh Penguins

and Ottawa Senators. Gonchar also represented Russia at four Olympic Games and won a Stanley Cup with the Penguins in 2009.

He had 22 points (2-20) in 76 games for the Stars last season.

"We would like to thank Sergei Gonchar for his commitment to the organization and his help in developing our young defencemen," Stars general manager Jim Nill said in a statement. "We wish him and his family the best."

Gonchar, 40, is in the final year of a \$10-million US, two-year deal. His salary-cap hit is \$5 million.

Moen has yet to record a point in 10 games this season. He's under contract until the end of the 2015-16 season at a cap hit of \$1.85 million.

Moen, a 32-year-old native of Stewart Valley, Sask., has 125 points (56-69) in 690 career regular-season games with the Canadiens, San Jose Sharks, Anaheim Ducks and Chicago Blackhawks.

THE CANADIAN PRESS

4 SPORTS

A CFL quarterback soap opera

Semifinals. Three of four starters — and some subs — may not get into any action

The status of Mike Reilly and three other quarterbacks makes for some very interesting storylines heading into the CFL playoffs.

The 12-6 Eskimos host the 10-8 Saskatchewan Roughriders in the West Division semifinal Sunday with the winner to visit Calgary in the division final Nov. 23. But there is uncertainty regarding who'll be under centre for Edmonton.

Reilly was the starter for all 12 of Edmonton's victories this season but there are reports he suffered a broken bone in his foot during the Eskimos' 37-3 win over the B.C. Lions on Nov. 1.

If the six-foot-three, 230-pound Reilly can't play, Matt Nichols will start for Edmonton. Nichols is a five-year CFL veteran but 0-3 as a starter this season.

Hopeful



Riders coach Corey Chamblin speaking about having Durant or Joseph to start.

"I think having those guys in either order is good"

Eskimos GM Ed Hervey was unavailable for comment Tuesday. On Monday, he told Edmonton radio station 630 CHED that the club was still gathering medical information on Reilly but, "We do have reason to be concerned."

Matt Scott was their third-string quarterback against Saskatchewan. If neither Reilly nor third-stringer Pat White (who suffered a recent head injury) can play Sunday, the Eskimos will have to find a new No. 3 behind Scott.

Edmonton isn't the only team with quarterback issues.

The Saskatchewan Roughriders have begun their playoff preparations unsure whether incumbent Darian Durant or veteran Kerry Jo-

seph will start in Edmonton. Durant hasn't played since Sept. 7 after suffering an elbow injury in a 30-24 win over Winnipeg.

There's also quarterback news in the East Division semifinal involving B.C. (crossover) and the Montreal Alouettes. The Lions have placed veteran Travis Lulay on their 46-man roster, allowing him to resume practising.

Lulay, who guided B.C. to the '11 Grey Cup title, re-injured his right shoulder Sept. 5 in a win over Ottawa. It was Lulay's first start in almost a year after returning from a right shoulder injury that sidelined him last season.

Lulay's status for Sunday's game will be determined on how he practises but the expectation is Kevin Glenn will take the snaps in Montreal.

Montreal is the only semifinalist without quarterback issues. Jonathan Crompton is 8-2 as a starter for the Alouettes, who are coming off a 29-15 road loss to Hamilton on Saturday that relegated them to second in the East.

THE CANADIAN PRESS



Eskimos' Mike Reilly is probably not playing in the West Division semifinal because of a rumoured broken bone in his foot. The Riders and the Lions also have quarterback issues going into their decisive games. BRENT JUST/GETTY IMAGES FILE

Vanessa-Mae was on the fiddle: FIS

Banned

"Those who have been sanctioned have been sanctioned for good reason."

FIS President Gian Franco Kasper

Pop violinist Vanessa-Mae was banned from competitive skiing for four years on Tuesday for taking part in races that were fixed to allow her to qualify for the Winter Olympics in Sochi.

The findings by the International Ski Federation exposed as a sham what many fans thought was a feel-good celebrity Olympic story.

FIS also banned five race officials from Slovenia and Italy for between one and two years for their role in the scandal.

"At first we were laughing when we heard it. But then we realized it's quite a serious thing," said FIS President Gian Franco Kasper.

FIS said its hearing panel

"found to its comfortable satisfaction" that the status of four women's giant slalom races were manipulated in January in Slovenia, just before the games.

FIS detailed several rule-breaking incidents that rigged results to help the then 35-year-old Vanessa-Mae falsely improve her racer status near the Olympic entry deadline.

Without the cheating orchestrated by her managers, Vanessa-Mae "would not have

achieved the necessary FIS point performance level to be eligible to participate," the governing body said.

In February at the Sochi Games, the celebrity musician who was raised in Britain raced for Thailand as Vanessa Vanakorn, using the last name of her Thai father. She finished last of 67 racers in the two-run giant slalom, almost a minute behind gold medallist Tina Maze of Slovenia. THE ASSOCIATED PRESS



Vanessa-Mae in Sochi in February. GETTY IMAGES FILE



Sonnen gets one more shot

Four months after Chael Sonnen's performance-enhancing drug use got him kicked out of the octagon, suspended by the Nevada Athletic Commission and fired by Fox, the ex-UFC middleweight has joined ESPN as a mixed martial arts analyst. ETHAN MILLER/GETTY IMAGES

Curling

Kirkpatrick beats MacDougall

Saskatchewan's Max Kirkpatrick defeated Nova Scotia's Brent MacDougall 7-4 on Tuesday to keep his team's perfect record intact at the Canadian mixed curling championship. Kirkpatrick led Pool B at the North Bay Granite Club.

THE CANADIAN PRESS

Post-season tour

Longoria leads All-Stars in Japan

Evan Longoria hit a grand slam and the Major League Baseball All-Stars survived a late rally to beat a split Japan squad 8-7 in an exhibition game on Tuesday ahead of their five-game post-season tour.

THE ASSOCIATED PRESS



Houston Astros' Jose Veras pitches for the MLB All-Stars. GETTY IMAGES

Former Man United

Moyes signs with Real Sociedad

Spanish club Real Sociedad hired former Manchester United manager David Moyes on Monday, giving the Scotsman a chance to revive his career after his failed stint at Old Trafford.

Sociedad posted a statement on its website saying it had "reached a deal with

manager David Moyes to be the coach of the first team until June 30, 2016."

It is Moyes' first coaching assignment since being fired last season after less than a year in charge at United, where he took the top job after Alex Ferguson retired. Moyes had moved to United after spending more than a decade at Everton, where he established a reputation as one of the top British managers. THE ASSOCIATED PRESS

2015 Volkswagen Jetta

- **Type.** Four-door, front-wheel-drive compact sedan
- **Engines.** 2.0-litre I4 (115 hp), 2.0-litre I4 diesel (140), 1.8-litre I4 turbo (170)
- **Transmissions.** Five-speed manual, 6-speed automatic, 6-speed DSG automatic
- **Price.** \$16,385 base, \$29,785 as tested

Market position

Previously a premium compact, new generation in 2011 repositioned Jetta as one of the regular compact guys in an effort to boost sales. It worked, but Jetta still trails the perennial chart-toppers: Honda Civic, Hyundai Elantra, Toyota Corolla, and Mazda3. Bigger than most, especially in trunk volume.

Points

- Mid-cycle revisions for 2015 include a new Passat-like front fascia, with bi-xenon and LED lighting, and active grille shutters.
- Built in Mexico, on same platform as Golf.
- Three very different engine offerings: a venerable and durable 2.0-litre, a new and smooth 1.8-litre turbo with direct injection, or a new and very advanced TDI (diesel).



The Jetta still boasts the largest trunk in its compact sedan class.

Interesting features

LED lights in headlamp cluster activate when turning corners, to widen your lighting path by 13 more degrees. New standard rear-view camera concealed in trunk latch. New optional safety systems include blind-spot detection, cross-traffic alert, and crash-response system, which alert the driver to take action.

Performance trumps appearance

PHOTOS: MIKE GOETZ



Review. Jetta's looks won't get young fans swooning, but its silky smooth ride will have many drivers crooning

MIKE
GOETZ
drive@metronews.ca

Some nameplates present a consistent personality to the world through every generational overhaul. Volkswagen's Jetta is not one of them.

Originally a tidy, premium compact, with a decidedly European and sporty flavour, it became a more mainstream North American product back in 2011, with an overhaul that made it larger and less premium. This was done to bring it more into line with its top-selling rivals, such as the Honda Civic, the Toyota Corolla and the Ford Focus.

In the interim, those and other sedan rivals have been going the other way — offering more premium styling, performance, comfort, features, etc. So VW has been playing catch-up, updating Jetta with a more sophisticated rear suspension and better brakes. As a result, its on-road dynamics are now a positive feature, along with its voluminous interior.

It also got a great new engine option last year: the 1.8-litre TSI four-cylinder with direct injection and turbo-charging. This engine is silky smooth and powerful, and offers very decent fuel economy numbers.

The 2015 Jetta is also the first model to offer VW's new 2.0-litre TDI diesel engine.

Other changes include new front and rear styling updates — including optional headlamp clusters with banks of LEDs that have the ability to shed light around the corner you're entering.



Volkswagen has been gradually upgrading the Jetta's comfortable interior.

The exterior changes won't transform Jetta into an object of vehicle lust — few young auto fans hang posters of Jettas on their bedroom walls. But the chunky and upright body design is very good at other things — like outward visibility and the ability to carry five people in top comfort. Jetta's trunk also continues to be the lar-

gest in this class.

VW has also been gradually upgrading the low-rent interior, which was part of that 2011 redesign. For 2015, a back-up camera is now standard, and buyers can choose to upgrade the cabin with soft-touch materials, ambient lighting, piano-black accents, and a two-tone treatment (ceramique and titan black).

Compare



1 Honda Civic
Base price: \$17,278
Best selling car in Canada, and always a safe bet.



2 Chevrolet Cruze
Base price: \$17,795
Jetta and Cruze are the only current compacts to offer diesel power options.



3 Dodge Dart
Base price: \$16,059
Another big compact, like Jetta. Good on-road dynamics.

It's an entirely comfortable place, with intuitive switchgear, but it remains a step behind some competitors in the connectivity and infotainment departments. For instance, there is no USB port.

And if you want all the new safety features, you have to go pretty high up on the trim food chain.

The automatic transmission paired with the 1.8 TSI engine is a conventional six-speed, while the TDI is paired with a DSG automatic.

The overall refinement of the TSI pairing greatly contributed to a premium feel, as did the seats.

Overall, I give the 2015 VW Jetta an enthusiastic vote of approval.

5 DRIVE

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Proposed four-door version of VW's XL1 will still sip fuel

Volkswagen has put a four-door, four-seat version of the XL1 — its hyper-high-mileage laboratory-on-wheels — on the drawing board, says Britain's Autocar magazine. VW might have more in mind for the groundbreaking XL1 than merely mining it for advances to improve the next-generation Golf. Autocar projects that the changes necessary to move the XL1 into four-passenger territory could raise its weight to 940 kilograms from its current 795, with speculation that the rear seats would be staggered, as is the case with the fronts. Crucially, the magazine thinks the extra weight wouldn't greatly change the two-seater XL1's 0.9 L/100 km rating, "with tech tweaks and the aerodynamic benefit of a longer car" largely offsetting the four-door's greater capacity.

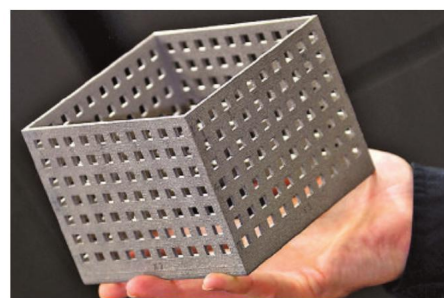
ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM



Although this proposed four-door version of Volkswagen's XL1 weighs more than the two-door, it could still achieve a similar 0.9 L/100 km with tech tweaks and the aerodynamic benefits of a longer car.

Converting power more efficiently with the aid of 3D printing

A new development at the Oak Ridge National Laboratory in Tennessee could help build electric cars that are more powerful and energy-efficient. A smaller, lighter power inverter marries advances in 3D printing with new semiconductor technology. Power inverters are an essential part of any electric vehicle, explains Gizmag, as they take direct current stored in the battery pack and turn it into alternating current that feeds the motor. The lab also used 3D printing to build about half of the inverter's parts, which allowed the scientists to reduce weight and be more flexible in controlling heat.



3D printing with metal can produce detailed finished parts.

Shift points

- Porsche's limited-run 918 Spyder plug-in hybrid supercar is almost sold out, despite requiring a \$200,000 US deposit against its \$847,975 price tag. Only 918 copies will be built, and so far, only about 30 have been delivered to buyers around the world, reports Automotive News.
- Nissan entered the commercial zero-emissions vehicle market in October when it launched its plug-in electric e-NV200 van in Japan. It uses technology developed through its first zero-emissions vehicle, the Leaf sedan. No word yet on whether it will come to North America.

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To be clear, that's just the last coat of paint

Driving Force. The shiny surface of modern vehicles is composed of several layers of paints and protective materials

JILL
MCINTOSH
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People commonly say a car has a "coat of paint," but there's a lot more to it than that. That shiny surface is actually several separate coats, all of which add special properties to the final finish.

"When you look at a car, what you're typically touching and feeling on the majority of them is clear coat," says Bill Suzuki, technical service

representative for 3M's automotive aftermarket division. "It's a clear paint that's made to enhance the gloss of the colour and maintain better UV stability to guard against dulling."

Steel for the car's body comes into the factory already galvanized, but the automaker will add an electrostatic coating, "which is

the primary defence against the steel corroding," Suzuki says.

The next coat is primer. It provides some protection itself, but its main purpose is to create a uniform surface for the paint.

Some of the car's lower parts, such as the rockers under the doors, may be sprayed with a rubberized

undercoating that's known as rock guard. Applied over the primer, but under the paint, it helps protect the car from rocks and gravel thrown up by the wheels.

The next stage is the paint, which gives the car its colour. On older vehicles, this used to be the final coat. It was known as single-stage paint and it gave the car both its colour and its glossy finish, but was prone to oxidation and weathering.

On a hot day, especially with red paint that was a few years old and oxidized, touching the car could often stain your hand.

On today's cars, the paint is dull after it's dried and heat-cured, and that final clear coat gives the finish its shine. Depending on the colour, the car may need a few different coats of paint under the clear coat, which can give it a pearlescent sheen.

If the car is damaged and needs to be repainted, the body shop has to repair the finish to match the rest of the paint. Good preparation is essential: not only does any bodyfiller have to be sanded absolutely smooth so the panel looks straight, but the layers of primer, paint and

Paint protection

- Some colour fading does happen over time, and repair shops have to match the new paint to the old. Some paint manufacturers have optical machines that will read the car's surface and determine the new paint's formula.
- Companies such as 3M make urethane paint-protection films and sprays, sometimes called clear bras, that adhere to the car to protect the finish.
- Keeping the car clean and waxing it regularly will help the paint stay shiny longer.

clear coat have to match and adhere to the existing paint.

"We sand areas to be painted because it increases the surface area for the paint to grab onto," Suzuki says. "If it's not scuffed, you could get into problems with paint adhesion. You have to make the panel look a lot worse before you make it look better."



From the initial electrostatic coating to the clear coat over the paint, a vehicle's finish can be many layers deep. **FORD**

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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

If you keep an open mind about a money matter you will see opportunities others are likely to overlook. You will be surprised how easy it is to turn a profit.

♉ Taurus

April 21 - May 21

The pressure is beginning to mount. You feel there are things in your life that need to be changed, and you are right. If you cannot change them yourself, fate will do it for you.

♊ Gemini

May 22 - June 21

The longer you allow something that annoys you to continue the worse it will get, so speak up and, if necessary, provoke a showdown.

♋ Cancer

June 22 - July 23

Are you happy with who you are and what you are doing with your life? If so, why are you so concerned what other people think about you?

♌ Leo

July 24 - Aug. 23

You worry that you are being forced to move in a direction you don't want to go. In which case you have no alternative but to dig in your heels and refuse to budge another inch.

♍ Virgo

Aug. 24 - Sept. 23

Trivial issues will bother you less over the next 24 hours, and as Mercury, your ruler and planet of the mind, is linked with Neptune in a positive way your imaginative powers will soar.

♎ Libra

Sept. 24 - Oct. 23

The answer to a problem will become crystal clear today. You may have to pay out more than you expected but it's worth it if it sets you free.

♏ Scorpio

Oct. 24 - Nov. 22

You can apparently talk your way out of any difficult situation at the moment. Be that as it may, don't say things you know are not true for the fun of it.

♐ Sagittarius

Nov. 23 - Dec. 21

Your problem seems to be you are trying to do everything at once. The kind of changes you envisage will take a long time to bring about, so pace yourself.

♑ Capricorn

Dec. 22 - Jan. 20

Whatever you do today don't lose your temper, even if you have a right to be annoyed. You will be able to express yourself in a more positive fashion on Friday and over the weekend.

♒ Aquarius

Jan. 21 - Feb. 19

Sometimes you have to take centre stage when the cosmic script calls for it, and it is calling for it today. Let everyone see who you are, what you believe in and what you can do.

♓ Pisces

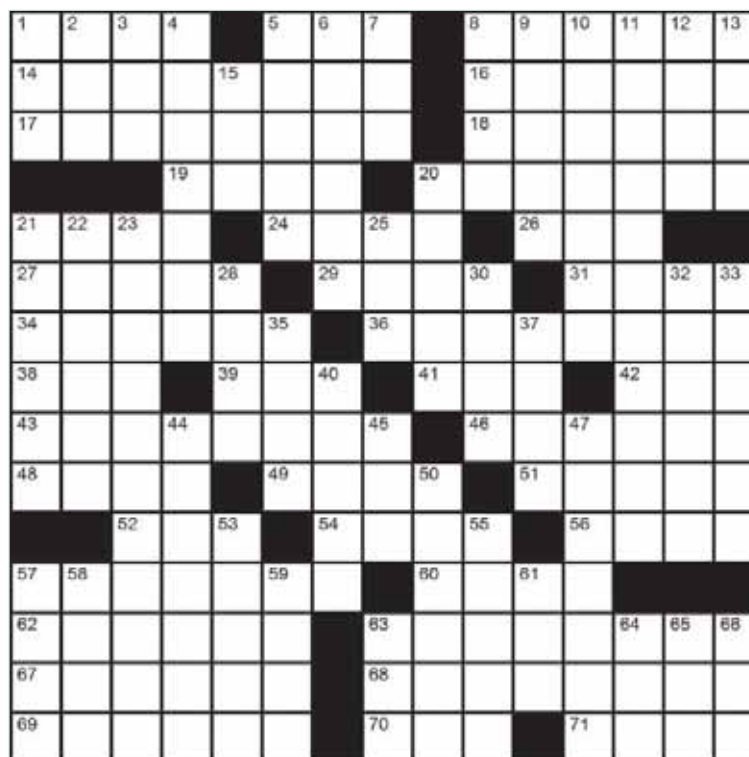
Feb. 20 - March 20

It's OK to change your opinion in the light of new information and with mind planet Mercury strong in your chart you will find it easy to update your views. But don't change every few hours.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Additionally
5. Mozart opera, L' ___ del Cairo
8. Community 'In the Heart of Yukon's Southern Lakes'
14. Office desk item
16. Record label Clive Davis founded
17. Shaken
18. Not as shiny
19. Ancient war god
20. Ship stabilizer
21. Complain
24. Writer Roald
26. German article
27. ___-ski
29. Chimney locale
31. "Manifesto 14" (Produced by Clams Casino) by Vancouver rapper ___
34. Lime ___ (Bar drink)
36. Ancient statue of Rhodes
38. Explosive letters
39. My Name Is Asher ___ (Chaim Potok novel)
41. Blueprint
42. ___-for-tat
43. Valuable item kept in the family
46. Protective shoe covering
48. ___ iris (Rainbow, in Spanish)
49. Avec: English
51. Company's new staff addition
52. Small dog
54. Gladiator's 57
56. Mini military man



57. 1990 to 1996 Canadian show, "Road to ___"
60. Memo
62. Manitoba town
63. Was present
67. Med. line-to-the-patient: 2 wds.
68. Sneezer's ailment:

- 2 wds.
69. Evening prayer bell
70. Promos
71. Give off

Down

1. Music honour, e.g.

2. Chopped tree segment
3. Fashion designer Anna
4. 'Canada's Polka King', Walter ___
5. Selected
6. Conqueror of Gaul
7. Supplement

8. "There you have it!"
9. As ___ (Usually)
10. Winnipeg-born actor Daniel of CTV's "Saving Hope"
11. Atlantic Division team in the National Basketball League of

- Canada: 2 wds.
12. Jeanne d'Arc, et al.
13. Rodgers and ___ (Broadway composers)
15. Stud locale
20. Flower
21. Lifestyle maven Ms. Stewart
22. Opinion-giver
23. Manitoba's Churchill ...and Russia's Murmansk: 2 wds.
25. Ad ___ committee
28. Hawk
30. Ensign
32. Costumed
33. Bible book
35. "Ouch!"
37. Moonfish
40. "Presto!"
44. Herd: 2 wds.
45. Music channel
47. Driver's need
50. Intimated
53. The ___ (Area of Ottawa)
55. Bits
57. Tel ___, Israel
58. "___ Le Rock" by Adam Ant
59. Punny power
61. Mr. Danson
63. "Gotcha!"
64. Mr. DeLuise
65. Yalie
66. Old bug spray

Monday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

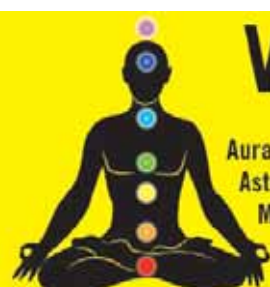
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Monday's Sudoku



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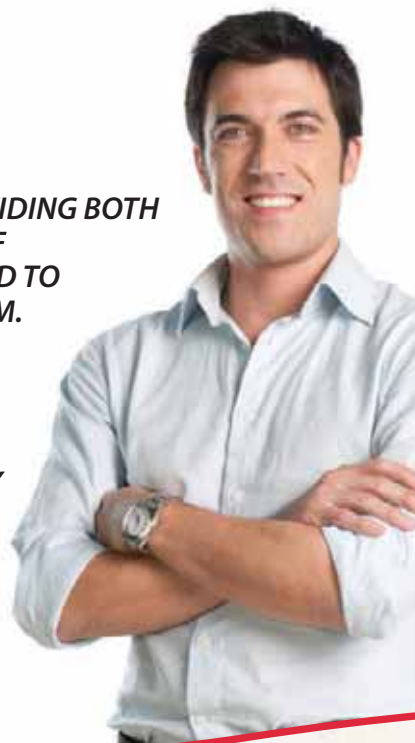
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